



Cook the Book: Pasta with Parsley and Toasted Walnut Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



578 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups parsley fresh packed coarsely chopped
- ☐ 2 cloves garlic coarsely chopped
- ☐ 0.8 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup parmesan grated
- ☐ 4 servings salt
- ☐ 1 pound pasta like spaghetti
- ☐ 0.3 cup walnuts toasted coarsely chopped

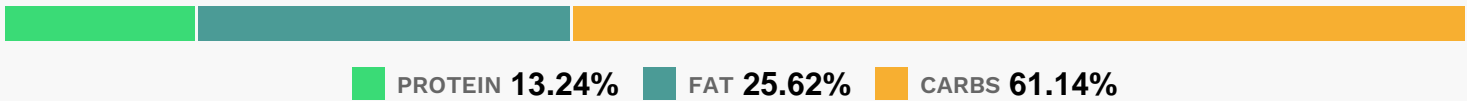
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ wooden spoon
- ☐ mortar and pestle

Directions

- ☐ For the sauce: Using a mortar and pestle, crush the garlic, walnuts, and a large pinch of salt together.
- ☐ Add the parsley a handful at a time and continue crushing and grinding with the pestle to make a fine paste.
- ☐ Add the cheese, crushing it into the paste.
- ☐ Drizzle in the oil in a thin, steady stream, stirring constantly with a wooden spoon. Season the sauce with salt. This makes about 1 cup sauce.
- ☐ To make the sauce in a blender (or food processor): Grind the garlic, walnuts, a large pinch of salt, parsley, and 1/2 cup of the oil in the blender until smooth.
- ☐ Transfer the sauce to a bowl and stir in the cheese and the remaining oil. Season the sauce with salt.
- ☐ Cook the spaghetti in a large pot of boiling salted water over medium-high heat until just cooked through, about 12 minutes.
- ☐ Drain the pasta, reserving 1/4 cup of the cooking water. Toss the pasta in a large bowl with the sauce, loosening the sauce with some of the reserved cooking water.
- ☐ Serve with grated Parmigiano-Reggiano, if you like.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:34.63, Inflammation Score:-10, Nutrition Score:26.576956518966%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 64.67mg, Apigenin: 64.67mg, Apigenin: 64.67mg, Apigenin: 64.67mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 4.48mg, Myricetin: 4.48mg, Myricetin: 4.48mg, Myricetin: 4.48mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 577.67kcal (28.88%), Fat: 16.44g (25.29%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 88.27g (29.42%), Net Carbohydrates: 83.13g (30.23%), Sugar: 3.54g (3.93%), Cholesterol: 4.25mg (1.42%), Sodium: 318.08mg (13.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.12g (38.24%), Vitamin K: 497.32µg (473.64%), Selenium: 73.68µg (105.25%), Manganese: 1.36mg (68.22%), Vitamin A: 2577.61IU (51.55%), Vitamin C: 40.46mg (49.05%), Phosphorus: 302.69mg (30.27%), Copper: 0.5mg (24.77%), Magnesium: 89.78mg (22.45%), Fiber: 5.14g (20.56%), Iron: 3.67mg (20.39%), Folate: 73.66µg (18.42%), Zinc: 2.34mg (15.57%), Calcium: 149.3mg (14.93%), Potassium: 463.21mg (13.23%), Vitamin B6: 0.25mg (12.58%), Vitamin B3: 2.43mg (12.15%), Vitamin B1: 0.16mg (10.55%), Vitamin E: 1.58mg (10.55%), Vitamin B2: 0.13mg (7.69%), Vitamin B5: 0.69mg (6.88%), Vitamin B12: 0.08µg (1.25%)